

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION				
AUGUST 2013			VO= Vegetarian Option	
Monday	Tuesday	Wednesday	Thursday 1	Friday 2
 Summer Time Fun!!	Only 146 Days to Christmas!!! 	<b>Come to the Center &amp; have lunch with us!!! (call &amp; make reservation)</b> 	Chicken Tetrazzini Casserole Italian Green Beans Peach Slices W.W. Bread/Marg. <b>VO-Swiss Cheese on Rye</b>	Stuffed Green Pepper Soup/Crackers Chicken Broccoli Rotini Salad Orange Juice Roll/Marg. Ice Cream Treat <b>VO-Meat Free Soup</b>
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
Baked Chicken Stuffing w/Gravy Peas & Pearl Onion Tropical Fruit Salad Multi Grain Bread/Marg. <b>VO-Veggie Lasagna</b>	Baked Fish Baked Potato Vegetable Blend Fresh Fruit W.W. Bread/Marg. Sour Cream/Tartar Sauce <b>VO-Baked Potato Broccoli Cheese Sauce Salad – Chef- Cong. Only</b>	Chicken Salad on W.W. Bun w/Lettuce Creamy Coleslaw Fresh Apple Cake <b>VO-3oz Sliced Cheese</b>	Sweet & Sour Chicken Rice Oriental Mix Pear Slices W.W. Bread/Marg. Pudding w/Topping <b>VO- Soy Casserole</b>	Sloppy Joe on Bun Potato Salad Broccoli Flowerets Banana <b>VO-Soy BBQ</b> 
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Spaghetti Sauce *w/Meat Balls Spaghetti Noodles Mixed Greens w/ Tomato Slices & Dressing Peach Slices Garlic Bread/Marg. Parmesan Pkt. <b>VO-Soy Meat Sauce</b>	*Brat on Bun Baked Beans Copper Pennies Salad Fresh Fruit Ketchup Mustard Relish <b>VO-Veggie Dogs Salad – Tortellini-Cong. Only</b>	Roast Beef Mashed Potatoes Roasted Vegetables Chunky Applesauce Multi Grain Bread Marg. Cookie <b>VO-Veggie Patty</b>	Shrimp Pasta Salad Cucumbers & Onions Fruit Cup W.W. Bread/Marg. Strawberry Ice Cream <b>VO-Pasta Salad w/Cheese</b> 	Tomato Barley Soup Crackers Sliced Turkey & Cheese on Rye w/Lettuce & Tomato Fresh Orange Bar Mayo Pkt. <b>VO- Cheese Sandwich</b>
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Three Cheese Lasagna California Mix Fruit Cup Multi Grain Bread Marg. 	*Roast Pork w/Gravy Mashed Potatoes Harvard Beets Strawberry Shortcake w/Topping W.W. Bread/Marg. <b>VO-Veggie Lasagna</b> <b>Salad – Taco – Cong. Only</b>	Chicken Cacciatore Egg Noodles Sugar Snap Peas Diced Peach Multi Grain Bread Marg. Cookie <b>VO-Soy Meat Sauce</b>	*BBQ Shredded Beef on W.W. Bun Macaroni Salad Carrot Coins Pears Ice Cream Cup <b>VO-Soy Sloppy Joe</b>	Brats on Soft Bun Potato Salad Coleslaw Fresh Melon Mix Ketchup/Mustard (Chopped Onions site's only) <b>Special Meal: Mt. Horeb V.O. Veggie Dog</b>
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Chicken Macaroni Salad German Cucumbers W.W. Bread/Marg. Fresh Apple Lemon Dessert <b>VO-Cottage Cheese w/Garnish</b>	*Meatloaf w/Gravy Mashed Potatoes Peas Fruit Cocktail Bread Stick Marg. <b>VO-Veggie Loaf Salad – Veggie-Sesame Chicken – Cong. Only</b>	Baked Chicken Baked Potatoes w/Sour Cream Yellow Beans Apricots Half W.W. Bread/Marg. <b>VO-Broccoli Cheese Sauce</b>	*Sliced Ham ½ Baked Sweet Potato French Style Green Beans Fresh Fruit W.W. Roll/Marg. Choc. Ice Cream <b>VO-Veggie Patty</b>	Breaded Fish Cheesy Hash Brown Broccoli Flowerets Multi Grain Bread Marg. Pie <b>VO- Hash Brown Cass. W/ Soy</b>

**SENIOR NUTRITION MEALS:** We hope you will join us for a delicious, nutritious meal and fellowship our congregate meal sites. Meals are served at 11:15am, five days a week (Monday through Friday) at the Mt. Horeb Senior Center. The meals are paid for on a donation basis. Care Van Service can transport you to and from the center for a suggested fare of \$1.00. Check out our menu above and let us know if you would like to join us. We also deliver meals to the homebound. For more information call 437-6902 and speak with Lynn, Vivian, or Jane.

**\*\*\*Please note, it is just as important to call in cancellations or reservations of meals (whether it is home-delivered or at the meal site) so that we can order an accurate amount of food. Please call in by 1pm the day before or as soon as possible. Help us prevent waste of food & money.**